

Art | Costumes | Health on the Playa

Burning Man Is Art!

Large scale public art pieces, decorated camp sites/personal art installations, bikes and mutant vehicles AND people. It is visual art like you've never imagined (if you have, and want to display your art on the playa - check out the art installation guidelines attached!) It's performance art that happens any time, any where. It is everything from a 70 foot tall structure to a Stonehedge replica made of twinkies! For a better understanding of the scope of Burning Man art check out the galleries on the BM website. Ideas are endless.

What do you need to know about the art of BM?

Enjoy it, interact with it, respect it, be it.

Art is found everywhere, on the open Playa (check out the outerlands all the way to the trash fence), in camps, in Center Camp. The WHAT, WHERE, and WHEN guide is very valuable in locating art work and knowing when scheduled performance art is happening.

The art of BM is meant to be shared. Feel free to interact with the pieces in a respectful interactive manner. DO NOT even think about destroying art work - either by mishandling or by fire. Only the creator of the piece can decide if something is to be burned. The artwork is created for EVERYONE to enjoy. Large installations, including the Man and the Temple are assembled early in the week but continue to change throughout the week. More art work is added daily on the playa, take the time to explore many times and all directions and watch the city grow! Sunrise and sunset on the playa is a great time to check out nature's art (and the way light effects Man's art)!

Mutant vehicles are constantly on the move, they are art in motion. If you are planning to bring a mutant vehicle to the playa - it must be registered with the Dept of Mutant Vehicles.

NO other motorized vehicles are allowed on the playa - you drive into your camp, PARK IT, and only drive out when you leave. Your bike can also be mobile art. Consider decorating it in a creative Playa worthy manner. Just remember to keep it safe - lights, nothing dangling to get caught up in spikes, clothing OR your naked body.

If you hear drums or see fire spinning - check it out. Many groups are open to having people joining in. Bring along your instruments and join in the free concert. Fire spinners should ask permission for joining in - and have their own fire safety people and materials. Check out the performers in center camp or in the middle of the Playa at 2:00 a.m. OR 3:00 p.m. or whenever it is happening. The playa is a place of sharing and performance art is a part of that sharing too

Designing your Art for the Playa Plan for functional and fun!

Art needs to be durable! Wind and weather resistant - this includes clothing/bikes and art work. **NO BOAS or SEQUINS!** Please note that anything that can easily fall off your costume will become MOOP. Just don't bring it to the playa.

COSTUMES Why do people wear costumes on the playa? SELF EXPRESSION and BECAUSE YOU CAN!

Do I have to wear costumes? NO - some people spend the entire week in t-shirts and jeans. But others find the range from a simple sarong to a full blown alien get up to be fun and comfortable. #1 Rule in anything on the playa - anything goes but do only do what is right for YOU.

What about body paint? There are several theme camps on the Playa that offer body painting. It can be a fun way to experience the event. HOWEVER, remember this is a LNT event and if you plan on showering or washing YOU are responsible for handling the contaminated water!

Costuming ideas:

Thrift shops are great resources --- simply ugly mismatched clothing works great! Putting together things you would have never thought off can be quite fun and will look great on the playa. Fun fabrics are FUN --- furry will get you touched, sparkly or lacey is always good and weird just works great. SAS in Tempe, Walmart \$1.00 table or other discounted fabric can be great options.

Guys, if you are comfortable (and even if you don't think you will be!) take along a simple black dress! (there is a parade for you). Many Burner Men will tell you their favorite shopping area is the women's department!

Basic recommendations:

Sarongs

Shoes and socks (check out section in Health on the Playa regarding Playa Foot)

Warm clothing (it can get COLD and nasty on the Playa)

Funky Hat

Every outfit should include the standard dust mask, goggles, and lighting (glow stick, helmet light or other for night time wear)

Suggestions:

Brightly colored jackets/pants/skirts

Lingerie for women and men

Halloween costumes/accessories

Hair options - spray in or dye or wigs

NAILS - toes and fingers!

Your imagination is free to create

It is always fun to have options for day/night and especially for big events like the burn. Just remember, if you are on foot or on a bike, there is not a taxi service to bring you home and those 6" stilettos are not going to be so hot after an hour.

Also, the sheer, sexy outfit of noon isn't enough to keep you warm when the temp drops to 40 degrees or the rain comes for two days. Be prepared, but have fun.

HEALTH on the Playa

Arizona Burners have an advantage (but it can be a disadvantage)- we know how to live in the desert. Remember, you don't have an air-conditioned ANYTHING to retreat to!

WATER! Beer, coffee, soda DO NOT equal water. Drink at least ½ gallon each day. If you are not "pissing clear" you are not drinking enough. AND drinking at least one packet of an electrolyte additive helps your body a correct balance.

Know the signs of de-hydration and help watch out for your camp mates. Disorientation/Dizzy, Headache (especially between the eyes), Nausea, Irritable, Weak or Lethargic Remedy ---- get water into them, and if they don't improve quickly --- get them to the med tent (near Center Camp)

FOOTCARE

The Playa feels great under bare feet - but PLAYA Foot is a disabling result you don't want to experience. The alkaline content of the Playa leads to painful, skin splitting feet. Be prepared. DAILY - trim away calluses, wash your feet, soak them in either something like Johnson's Foot Soak OR vinegar, lotion them well (extra thick), tuck your feet into a nice clean pair of white socks and put those tired dogs to bed!

Adequate foot wear is your best defense. Don't be tempted to go barefoot or spend the day in flip flops. A good pair of closed toed shoes or are best bet for daily wear. Save the cute shoes for occasional use only.

SUN - Don't over do it. Use sunscreen, wear a hat and get yourself out of the heat of the day. Pack aloe vera and use it! Heat stroke and sun allergies happen even to the desert folks we are.

INJURIES

Every one should have a basic first aid kit for their camp. If an injury happens that can be solved with antiseptic and a band aid - handle it. For other large traumas, heat stroke, or mental/ emotional melt downs contact a Ranger. They will help you get the proper attention. If a Ranger isn't near by, take the person to the Med Tent near Center Camp. Air evac services are available - but you don't want have to use them OR pay for them, so taking care of yourself is the best plan.

Dust Masks and Goggles are necessary. Your lungs and eyes will continue to function, if you continue to protect them. NO, you don't have to wear them 24/7 --- just have them available when a dust storm kicks up. How long do the dust storms last? No one ever knows - 15 minutes or 10 hours.

Having adequate eyewear is essential, having moisture drops to treat playa dried eyes is wise.

Also know, that regardless how well you use your dust mask, dry - crusty noses will happen. Take along some nasal saline - you will be glad you did.